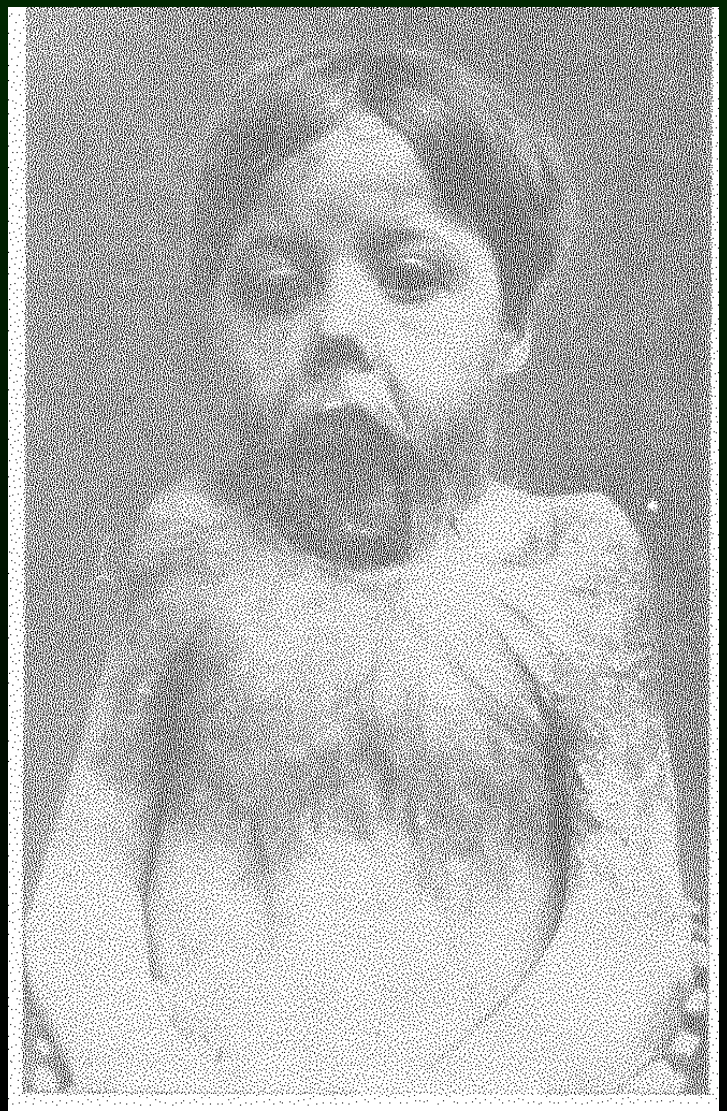
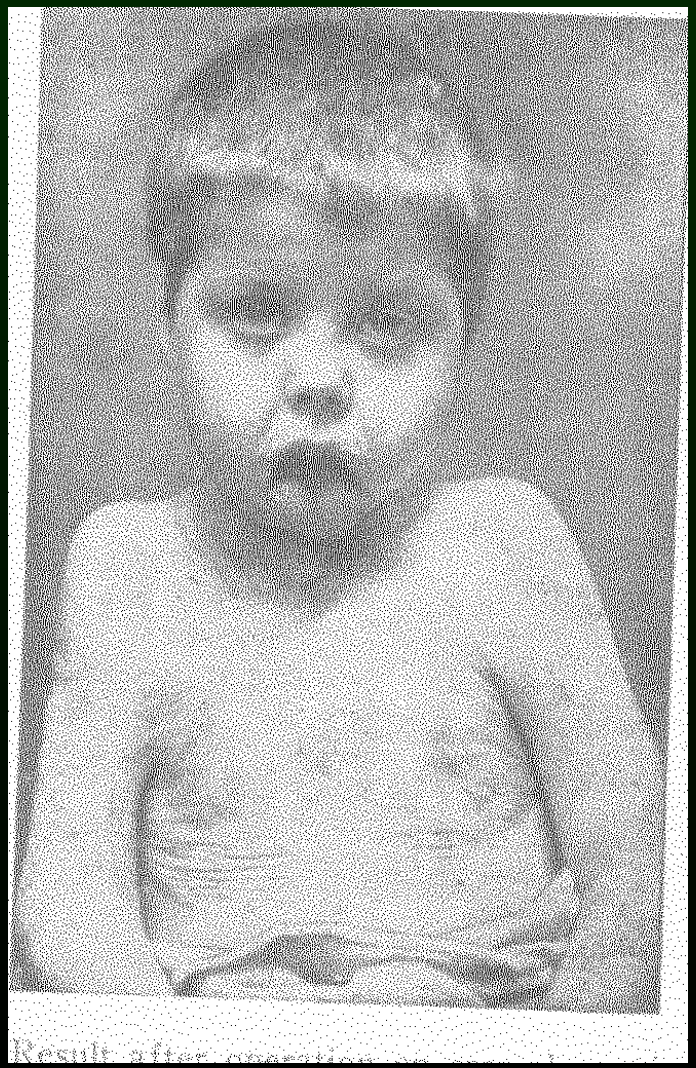
Scar Revision





Scar Revision

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WRAMC

Scar Revision

- Presentation w/3 parts
- 1-review basics on slides
- 2-pen and paper
- 3-hands on

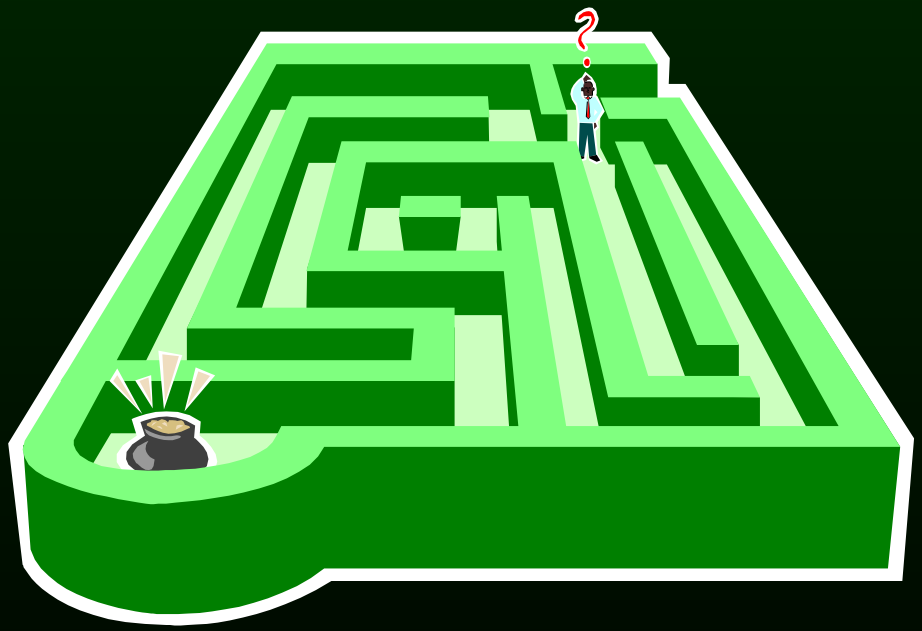
Scar Revision

- Not that much to learn*
- Basic Principles
- FLAPS
- Z-plasty
- M-plasty
- Running W-plasty & complex geometric

- You should be able to:
- Do a Zplasty
- Do an M-Y
- Understand W and Complex geomtric

Learning Points

- Seek not perfection:
- The goal is IMPROVEMENT



When to operate

- A scar is not ipso facto reason to operate
- Scars amenable to revision:
  - 1-Widened
  - 2-Perpendicular to RSTL
  - 3-Interrupting an aesthetic unit
  - 4-Webbed
  - 5-Pin cushioned
  - 6-Hypertrophied
  - 7-Causing distortion of function

More Principles of Revision

- Relaxed skin tension lines
- Generally perpendicular to muscles
- Goal-camouflage the scar in the wrinkles

Principles

- You can only do a few things with scars
- Move them
- Camouflage them
- Reorient them

Scars

- Attention to the scar
- 1-Region located
- 2-Direction related to RSTL
- 3-Size of scar
- 4-Relation of scar to surrounding skin

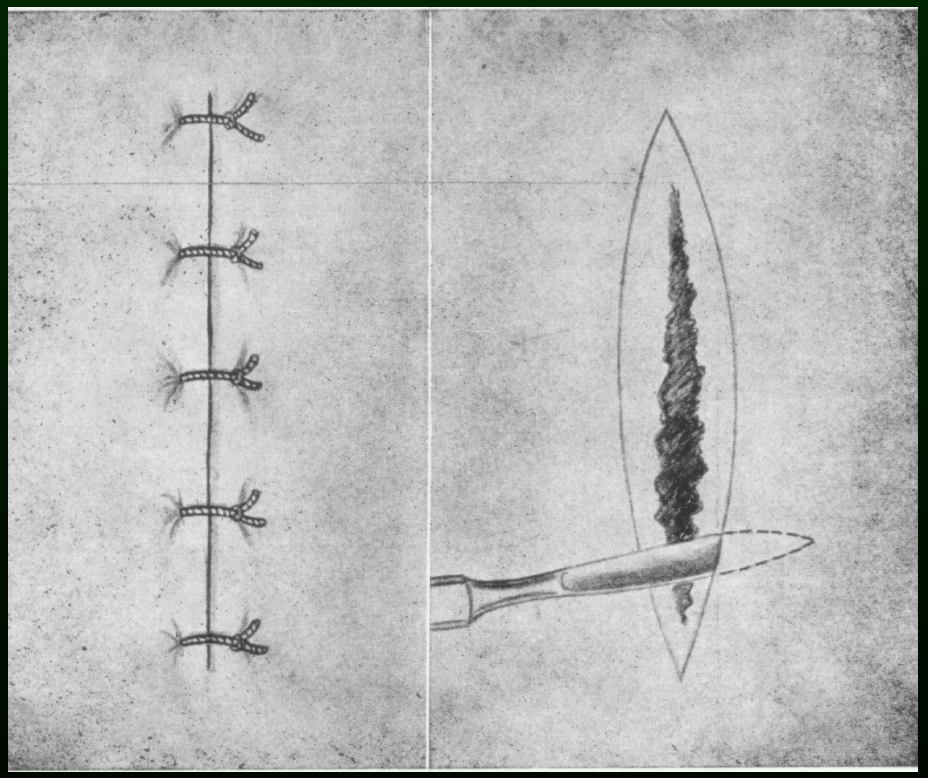
Review

- Goal is _____
- Not every scar is likely to be improved
- Moving on to Techniques

Fusiform Excision

- Indications:
- Linear (not wide, not hypertrophic)
- Runs close to FSTL

- Excise-undermine 2-3 cm of tissue, close subcutaneous & external suture



Scar Revision

- Many priniciples, such as Z-plasty have been extant for nearly a century

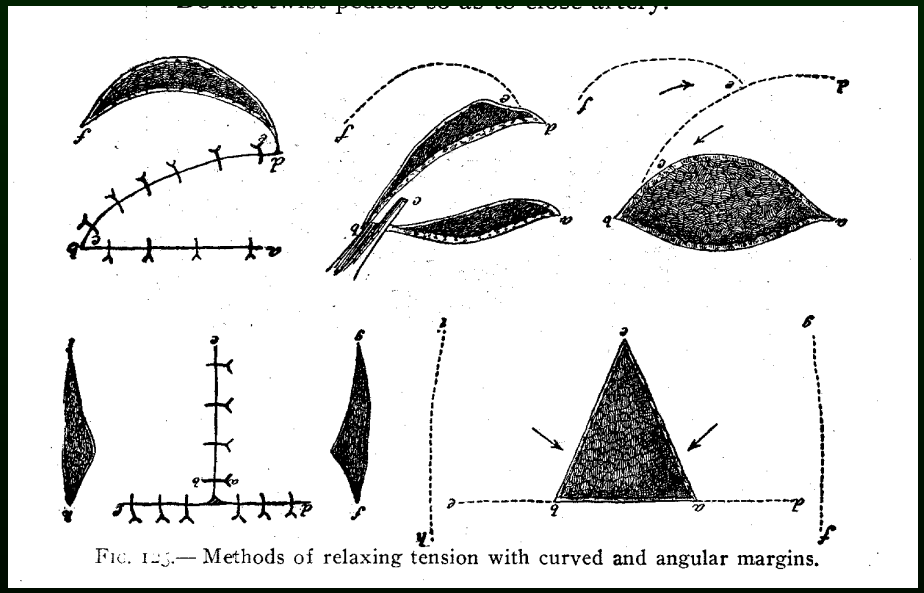
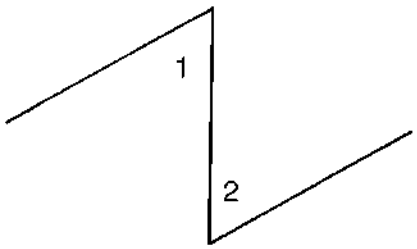


Fig. 125.— Methods of relaxing tension with curved and angular margins.

Techniques Z-PLASTY

- Indications:
- Any area w/tension across it, eyelids,lips, nasolabial folds
- On areas across tension lines w/angles greater than 35
- Small linear scar not favorable to fusiform excision
- Most areas w/multiple scars
- HAS 3 members and 2 angles; members are equal; angles are equal



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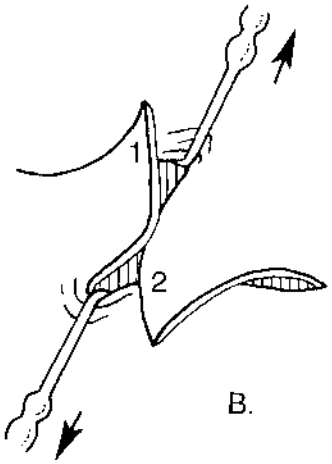

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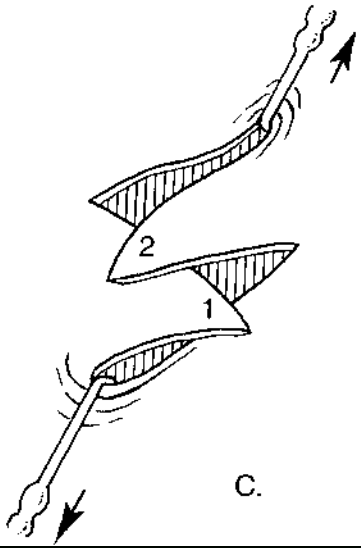

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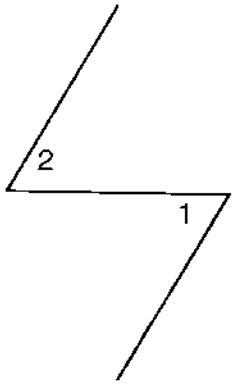


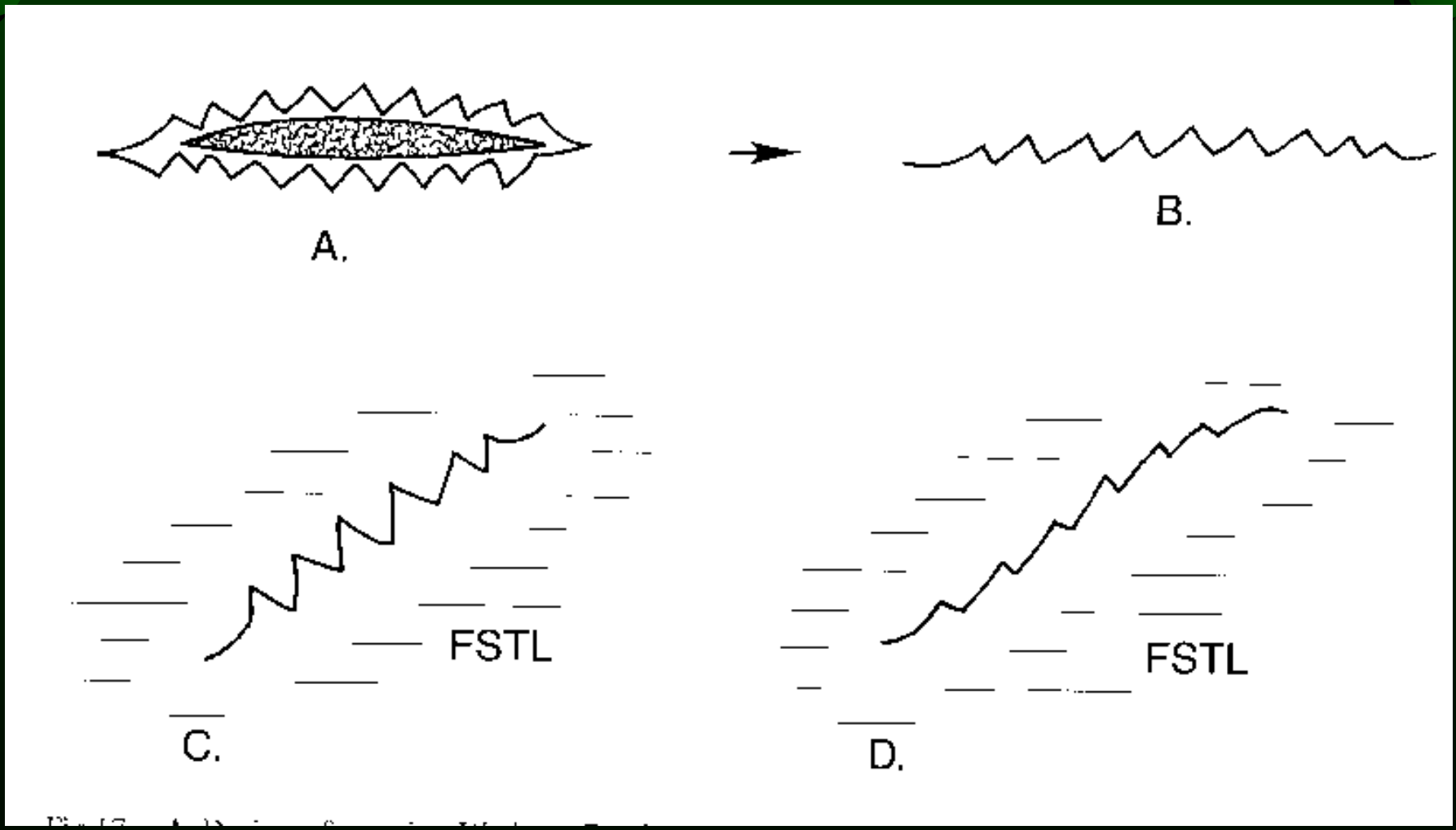
D.

Running W-Plasty

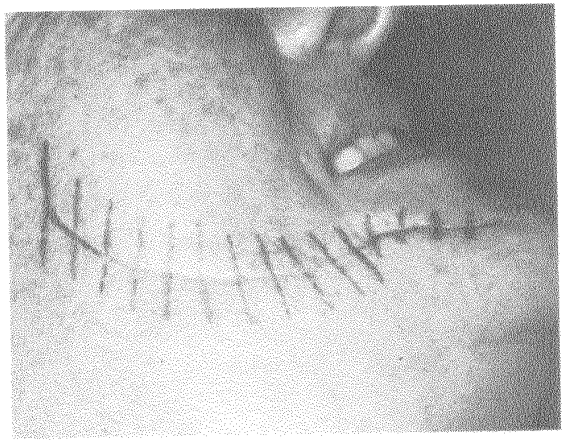
- Indications:
- Long scars on forehead, cheeks, chin and nose

- Advantages-shorter segments than Zplasty; does not lengthen scar
- Disadvantages-limited areas; excision of skin>no gain of tissue

- Technique: flaps should not exceed 6 mm in length, angles less than 90



C-improperly designed D-no lines perpendicular to R



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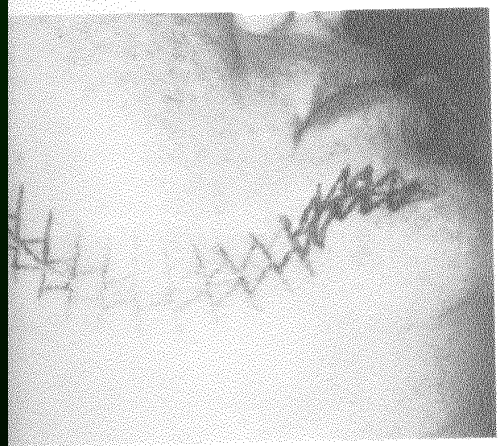
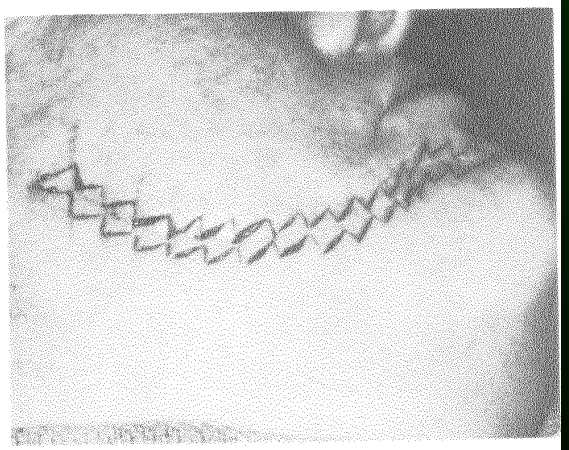
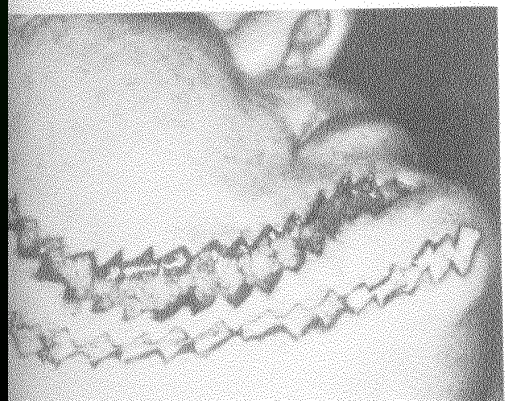


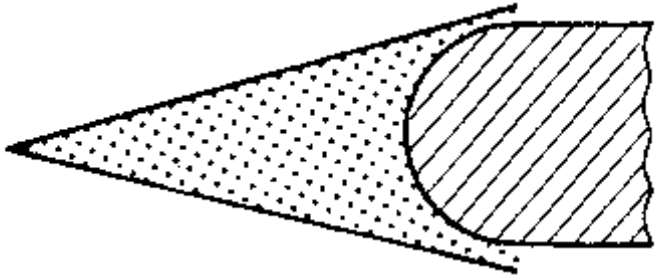


D



M-Plasty

- Typically a technique for the end of a scar
- Saves skin
- Shortens scar along central axis



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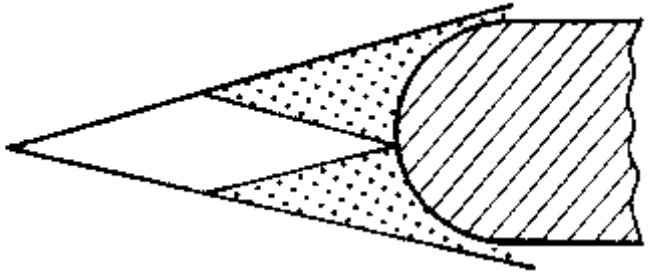

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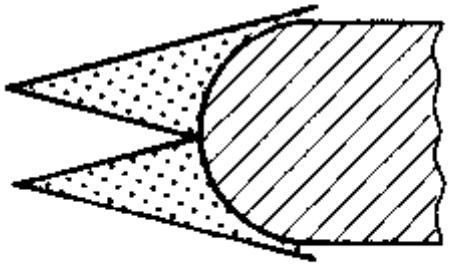


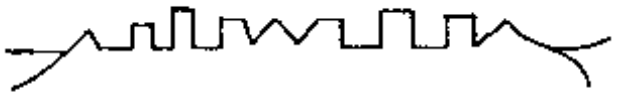
C.

D.

Complex Geometric Broken Line

- Modification of W-plasty
- Instead of just triangles, a cornucopia of shapes is used to hide the lines
- Not universally accepted
- Similar rules for Wplasty-angles and sizes

A.



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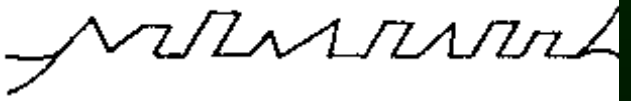

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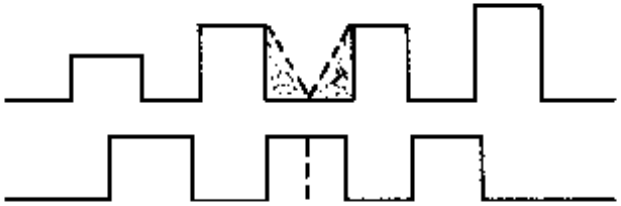

E.

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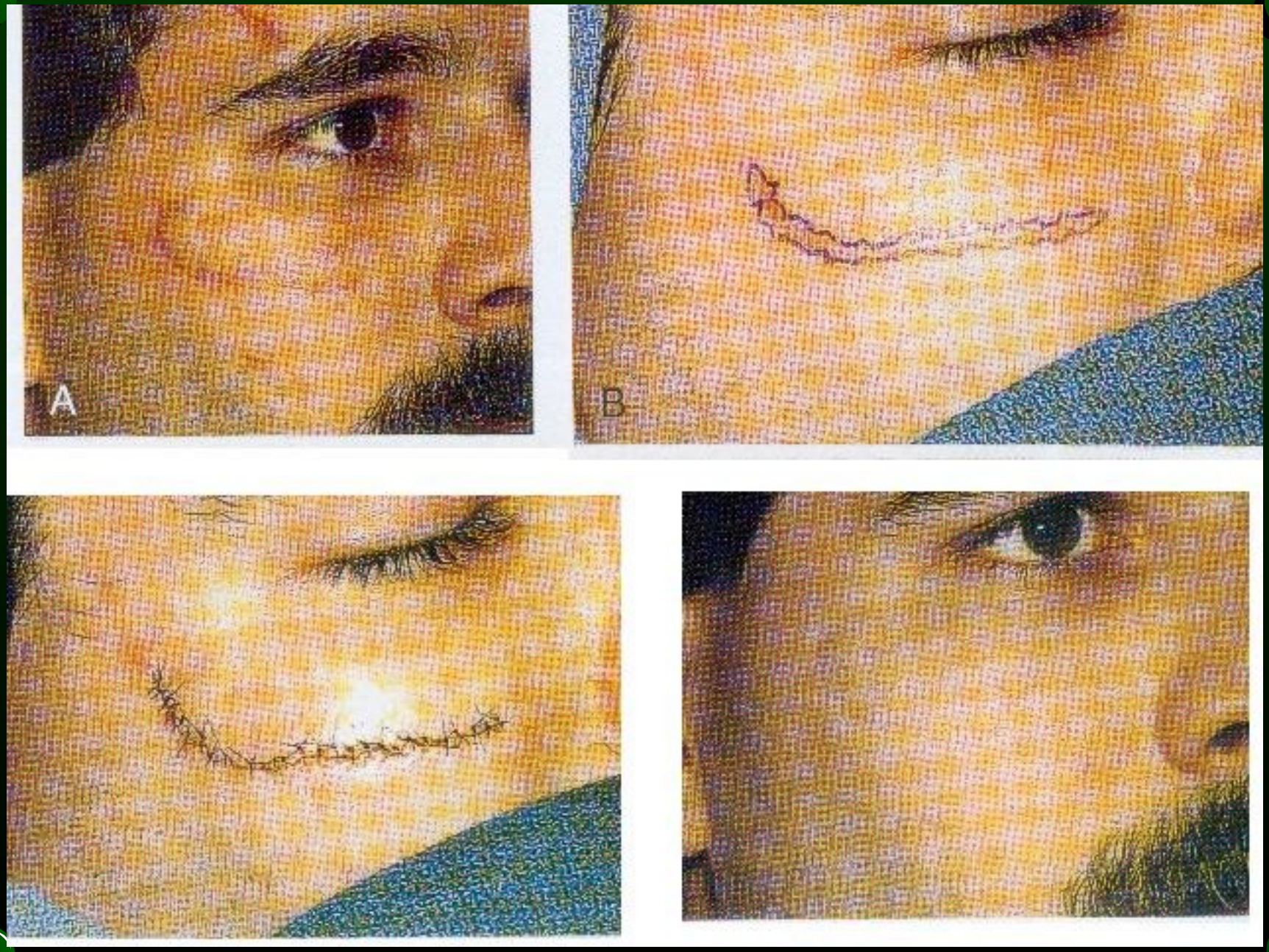

A
B

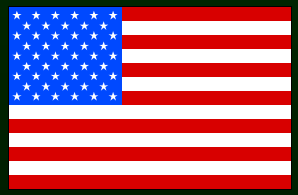
Scar Revision-Review

- Z-Plasty
- M-Plasty
- W-Plasty
- Complex Geometric Closure

Additional Thoughts

- Other ways are available for disguising scars
- Make-up
- Dermabrasion- removing skin level out areas
- Injection-steroids can be used to flatten scars

Scar Revision



Paper Plasty

- See the handout and try the exercises, suggested solutions are available when you are done

Foot Plasty

- Suggested revisions
- 1-place a scar at 60 degrees on the wrinkly side of the foot, then design a Z-plasty to correct it
- 2-make long scars and design M/W and /or complex geometric closures to revise, be sure to pay attention to the RSTL on the side of the foot
- 3-make like a tree and leave
- Thanks for your attention